

**Wellness Committee Meeting
May 21, 2008
Campbell Administration Building, Room 25**

Attendees:

Becky Clark, Cafeteria Manager
Donna Cottle, Big Brothers/Big Sisters
Cynthia Ellis, PCHD
Gibson, Diana, PCHD
Griffis, Lulu Gail, SDFS Coordinator
Mast, Robbyn, Moseley Elem, Nurse
Sheila McCoy, SHAC
Muir, Helen, Staff Development Director
Karen Swartout, Putnam County School District
Wendy Wood, FCS/CRD

- A. *Welcome and Introductions* – Karen Swartout welcomed members and introductions were made.
- B. *Approval of Minutes* – March 26, 2008 minutes were approved.
- C. *Other Wellness Activities*:
- i. Wellness Institute is June 9th & 10th in Tampa. No one present is attending. Edena Church did attend last year.
 - ii. A discussion of the impact of the new Physical Education requirement focused on the change from the requirement now in the elementary schools to the new standards which will go into effect with the 2009-2010 SY. The current standards give a great deal of latitude to our schools where the thirty minutes can be split into small increments. The change for 2009-2010 Elementary Physical Education requirement is 30 minutes of continuous activity. 2009-2010 SY is also the start for Middle School Physical Education requirement.
 - iii. The overall review of the recently completed Legislative session was presented by Helen Muir. The outlook is bleak for both DOE and DOH. There definitely will be no increases in budget funds and the final impact of reduced funds remains to be seen.
 - iv. A general discussion of ways to promote wellness in the school settings including use of bulletin boards, posters and placement of materials to provide the maximum exposure with the least cost possible was held.
 - v. The Fruits and Veggies More Matter Resource Manual was past around. Additional copies can be obtained by emailing britton.doner@fldoe.org
 - vi. Possible Grant through Florida Action for Healthy Kid for Flagler and Putnam County. The announcement will be made at Leadership summit in Tampa on June 11th.
 - vii. There was a general discussion of anti-tobacco programs including a recap of recent local events by Robbyn Mast who attended training presented by AHEC, Healthy Students, Healthy Schools.
 - viii. BMI scores for the schools were presented by Cynthia Ellis, RN and discussed by the committee. We looked at ways of presenting the information to the school faculties in a manner that will encourage them to focus on how serious the obesity problem really is and respond by encouraging more participation in our suggestions.
 - ix. Helen Muir will send out the same survey from end of last year to school staff to evaluate any changes in responses.
 - x. Summer camp offerings in the area were discussed including a day camp being offered by the Putnam County Recreation Department. The camp will be held at the Theobald Recreation Center, (AKA Triangle Park), from June 9th – August 15,

2008, from 8:30 a.m. to 4:30 p.m. The charge is \$45.00 a week and this is all inclusive. Please note there will be no camp on July 4th. For more information you can contact the Putnam County Department of Parks and Recreation@ 386-329-1268. 4H is also offering a variety of summer camps. A flyer will be forwarded to committee members. The contact number is 329-0318.

- D. *08-09 Health Fair* - The upcoming Health Fair was discussed including dates in different areas of the county to allow maximum attendance, Palatka High September 17th, Browning Pearce October 15th and Interlachen High on November 19th. It was agreed that we will have only the vendors from BCBS.
- E. *07 – 08 Wellness Plan* - The three subgroups plans were discussed. Helen Muir (Other School Based Activities) and Lulu Gail Griffis (Physical Activity) will submit evaluation and documentation for 07-08 plans, update plans for 08-09 and submit to Karen Swartout.
- F. *Wellness Policy 2.20* - The policy was reviewed and no revisions were recommended.
- G. *08-09 Committee Member* - A parent's name was mentioned by one of the members as interested in attending. Student participation was discussed again. It was suggested to contact Rebecca Motes at PHS for recommendations.
- H. *08-09 Meeting* - The first meeting will be set for September. A schedule for 08-09 meetings will be established at that time.
- I. *SHAC* - SHAC involvement in the Wellness Committee was discussed. It was agreed the two groups have many overlapping objectives. Cynthia Ellis was going to send to Karen Swartout her recommendation for further incorporations of SHAC into the Wellness Plans.

Cynthia Ellis also asked for assistance from the Wellness members on input for 2008-2010 School Health Services Plan. Copies were given out at the meeting.
- J. *Next Meeting and Adjournment* - The meeting adjourned at 3:30 p.m. The next meeting will be scheduled for September 24, 2008, at 2:00 p.m. in Room 25 of the Campbell Administration Building.